

## Protein & Fiber Rich Foods & Weight Loss

Fiber aids in weight loss as it slows digestion, which keeps us feeling full longer than other foods. This prevents over eating.

Muscle burns fat; without maintaining your muscle mass it is harder to get rid of stubborn fat and it is extremely hard to maintain any weight loss down the road. Protein plays an important role in weight loss as it preserves your muscle mass when you are on a caloric deficit.

<b>Protein Rich Foods</b>	<b>Fiber Rich Foods</b>
- Low fat milk	- Beans
- Low fat cheese	- Bran buds
- Cottage cheese	- Fiber One cereal
- Eggs	- Raspberries
- Yogurt	- Blackberries
- Greek yogurt	- Peas (green peas, cow peas)
- Edamame	- Flaxseed
- Whole grains	- Chia seeds
- Beans (kidney beans, white beans, ect.)	- Brussels sprouts
- Lentils	- Broccoli
- Tofu	- Cauliflower
- Almonds	- Avocado
- Walnuts	- Oats, rolled dry
- Pumpkin seeds	
- Quinoa	
- Tuna / Salmon / Halibut	
- Lean cuts of beef	
- Chicken / Turkey breast	

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